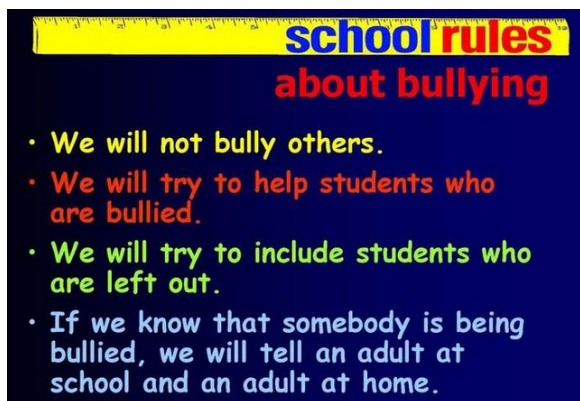


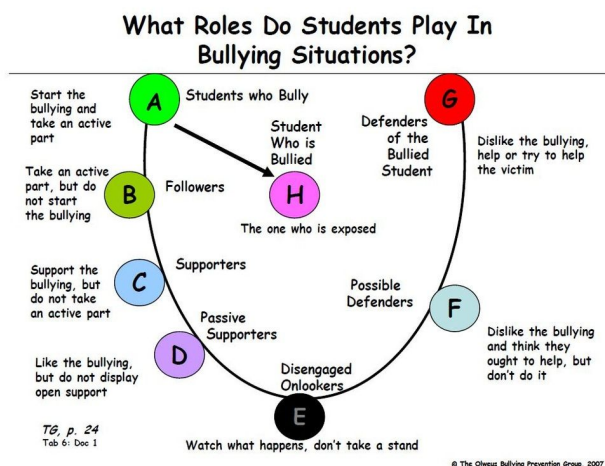
# BULLY PREVENTION

January, 2018: Here is what your students have been learning in guidance lessons.



**school rules about bullying**

- We will not bully others.
- We will try to help students who are bullied.
- We will try to include students who are left out.
- If we know that somebody is being bullied, we will tell an adult at school and an adult at home.



## WEBSITES:

<https://www.stopbullying.gov/>

<https://www.stompoutbullying.org/>

<https://www.netmartzkids.org/>

Mrs. Lake's information  
erin.lake@north-scott.k12.ia.us  
(563)285-3129

## DEFINITION OF BULLY BEHAVIOR:

### K-3:

Bullying is when you hurt someone on purpose over and over again.

### 4-6:

Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person. There is an imbalance of power.

## TYPES OF BULLYING

### K-3:

**VERBAL:** Using words to hurt another person

**PHYSICAL:** Using your body to hurt another person

### 4-6:

**VERBAL:** A form of bullying when we use our words to hurt others.

**PHYSICAL:** A form of bullying when we use our bodies to hurt others.

**CYBER:** A form of bullying that uses email, texts, social networking sites, or any form of technology to purposely harm someone.

## STRATEGIES

### K-3:

I will tell the bully to stop.

I will tell an adult at school and at home.

I will report bullying behavior to an adult that I trust.

### 4-6:

Be assertive with the bully.

Show empathy to the target/victim.

Report bullying to a trusted adult.

Get the victim away from the bully.

Be an Upstander! Be a Superhero and Stomp Out Bullying!